



FARNHAM HEALTH & WELLBEING EVENT

Macmillan Coffee Morning
- Refreshments from 9am onwards



Working
together to
promote better
physical & mental health

SATURDAY 21ST
SEPTEMBER 2019

9:30AM – 1PM

FARNHAM
CENTRE FOR
HEALTH

Ageing well talk by a Frimley Consultant
Carers Support
Dementia Awareness
Test your blood pressure
CPR demo

Introduction to DANCE and ZUMBA
Healthy Eating Talk
Slimming World

In partnership with Spire Clare Park Hospital
and the Bourne Wood Manor Care Home

Be in with the
chance to
WIN A FITBIT!

Farnham Health and Wellbeing Day

Talks and Demonstrations

Friends of Farnham Hospital and Macmillan Coffee Morning –
Refreshments from 9am onwards

Ageing Well – Lucy Abbott, Consultant (*bookable event*)

Zumba Demo

Dance for all Taster Class

Healthy Eating Talk – Paula Wood, Dietician (*bookable event*)

What to do in the event of a choking (*bookable event*)

CPR talk and demo (*bookable event*)

Falls Prevention (*bookable event*)

**To book your place at any of the above talks, please go to
www.eventbrite.co.uk and search for Farnham Health & Wellbeing Event**

Also:

- Check out your blood pressure in Farnham Integrated Care Centre
- Top tips for using GP Online Services
 - Demo of online access to appointments, prescriptions and medical record
 - Demo of online consulting and how it can help you get medical help without having to book an appointment.